MWR Mid-Atlantic Region Fitness & Sports

DAM NECK PATRIOTS 5K & Healthfest

WEDNESDAY, MAY 3
RAIN DATE, THURSDAY MAY 4

For more information call the MWR Fitness & Sports office at 492-6631.

Sponsored by

THE HOME DEPOT • Hall AUTOMOTIVE • NAVY FEDERAL

The U.S. Navy does not endorse any product or service.

PATRIOTS 5K

REGISTRATION - Register at the gymnasium sports equipment counter with one donated can of non-perishable food. Participants must check in at the scorer's table between 10:30 and 11:15 a.m.

11:30 a.m.

COURSE - Start and finish areas are located on Terrier Avenue in front of the gymnasium. Course is a flat, paved street.

DIVISIONS (Awards for first, second & third place)
Men & women: 29 & under, 30 to 37, 38 to 44, 45 to 49 and 50 & over

T-shirts for the first 350 registered participants

Race course map on back of flyer ➤

Healthfest

10 a.m. to 1 p.m. inside the Gymnasium
HEALTHFEST WILL GO ON REGARDLESS OF THE WEATHER.

**Prizes!
Food samples!
Fitness demonstrations!
Free health screenings!
Vendors and lots more!**

DAM NECK PATRIOTS 5K REGISTRATION FORM

LAST NAME _____ FIRST NAME _____ RATE/RANK _____

COMMAND _____ DEPARTMENT _____ PHONE _____

AGE (DAY OF RACE) _____ SEX _____ DAM NECK ACTIVE DUTY _____

E-MAIL FOR PHOTOS (OPTIONAL) _____

SIGNATURE _____ DATE _____